

Cypress-Fairbanks Independent School District
ELEMENTARY PE/HEALTH NEWSLETTER

November, 2008

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**FITNESSGRAM FITNESS
ASSESSMENT**

Please remember that Fitnessgram pre-test scores are due on **December 5, 2008**. Here are the details:

- Do not use the computer for *Fitnessgram* for the Fall pre-test.
- For this Fall, administer the required pre-tests for grades 2 – 5, and send hard copies of score sheets to me by the Fall deadline.
- For the Fall, I will accept whatever type of paperwork you have been using to record scores as long as grade levels, student names, height/weight, and scores are readable.

**★ Required Tests for Fall Pre-Test ★
Grades 2 – 5**

- * Mile or Pacer
- * Shoulder Stretch
- * Push-ups
- * Curl-ups
- * Trunk Lift
- * Height/Weight (BMI)

CATCH Plans

*Please submit CATCH plans
as soon as possible*

**CURRENT DDR
SCHEDULE**



November	10–14, 2008	Lieder
January	12–15, 2009	Duryea
January	12–16, 2009	M. Robinson
January	12–16, 2009	Sampson
January	19–27, 2009	Keith
February	9–13, 2009	Kirk
April	20–24, 2009	Tipps
May	27–June 3, 2009	Copeland

**WELCOME TO OUR
NEW
PE/HEALTH TEACHERS**

Shaun Shiery at Bane
Marco Romagnoli at Bane
Mary Miller at Black
Crystal Kovar at Duryea
Tonya Meredith at Frazier
Megan Carnes at Holmsley
Justin Elder at Kirk
Scott Moore at Matze
Kimberly George at Moore
Marion Rick at M. Robinson
Jennifer Mace at Walker

**H.O.P.E. Meetings and Staff
Development Opportunities**

- Tuesday, 18-Nov-08: Owens; 4:30 – 5:30 p.m. (6794)
- Tuesday, 20-Jan-09: Owens; 4:30 – 5:30 p.m. (6795)
- Tuesday, 17-Feb-09: **Tipps**; 4:30 – 5:30 p.m. (6796)
- Tuesday, 21-Apr-09: Owens; 4:30 – 5:30 p.m. (6797)



ACTIVITY IDEA FROM NASPE

Elementary Level – Benefit Pickup Primary Level

Health Benefits: Having aerobic fitness helps you learn better, enjoy life, and feel good. Physical activity encourages your heart to beat stronger, your lungs to breathe better, and your muscles to grow stronger.

Purpose: Students will understand the benefits of having aerobic fitness.

Students will understand the role of physical activity in increasing the ability of the lungs to take in more oxygen and the ability of the heart to beat stronger.

National Physical Education Standards:
Standard 4 – Health-enhancing level of physical fitness

National Health Education Standards:
Standard 3 – Demonstrate ability to practice health-enhancing behaviors and reduce health risks

Equipment:
Large containers (hoops, buckets, and the like)

Any medium-paced music

Reproducibles: Aerobic Fitness Health Benefit Cards, Aerobic Fitness Health Benefits Poster

Procedure:

1. Brainstorm with students about the benefits of aerobic exercise. Read the Aerobic Fitness Health Benefit Cards to them to introduce the activity.
2. Place the Aerobic Fitness Health Benefit Cards in a central location at each end of the activity area (in containers, hoops, or the like). As an alternative to using the cards, you can

write out the benefits on popsicle sticks or tongue depressors and use those instead.

3. Have the students [begin] moving clockwise or counterclockwise around the activity area using various locomotor patterns. Play music.

4. Every time they pass a container, have them pick up an Aerobic Fitness Health Benefit Card. At the end of the activity (two or three minutes), discuss the benefits listed on the cards or sticks.

Teaching Hints:

Encourage students to move at a pace that is best for them. Spend adequate time introducing the concept of health benefits resulting from aerobic fitness before beginning the activity.

Develop a bulletin board with the caption “(school name) Kids Are Active Kids.” For display, have students bring in pictures of themselves in their favorite aerobic activities at home, in school, and in the community.

Bring in a model or a poster of the heart and discuss what is a healthy heart and cardiovascular system.

Link to “Health Benefits Cards”

<http://www.aahperd.org/naspe/Toolbox/PDF/no v08/Aerobic%20Fitness%20Health%20Benefit%20Cards.pdf>

Link to “Aerobic Fitness Health Benefits Poster”

<http://www.aahperd.org/naspe/Toolbox/PDF/no v08/Aerobic%20Fitness%20Health%20Benefits%20Poster.pdf>



SOFIT System for Observing Fitness Instruction Time

Several campus physical education departments are going to participate in SOFIT observations this school year.

SOFIT is a highly-developed system of observation that provides a measure of student activity levels, lesson context, and teacher behaviors (general management, knowledge, fitness, game play, etc.) during class time.

Mary and I will visit these nine campuses two times to observe two class periods. I know this is very different from the brief, snapshot visits used in the past, but we believe the SOFIT visits will provide more accurate and useful data.

SUPERCYCLIST PROGRAM

The third training for the SuperCyclist Program took place on Saturday, November 8, 2008. Sixteen teachers participated. Ninety-seven CFISD elementary pe/health teachers have participated in the training program over the last six months. (A big "Thank You!" goes to each of the three schools that hosted the training sessions: Bang, Owens, and Emmott.)



Probably, most of you are aware of the bulletin board ideas available at **PE Central** on the Internet. Are you also aware that you can watch a video display of all the bulletin board samples available at the site?

If you need ideas, go to:

http://www.pecentral.org/mediacenter/photoindex_bb.html

Please be discerning if you decide to use ideas found at the site. Some are more appropriate than others. Ideally, the ideas will serve as a resource to spur your creativity!

Here's one of our own CFISD bulletin boards found in the gym at Emmott Elementary!

PE CURRICULUM REVISION PROJECT

The curriculum revisions in "DRAFT" form can be found in the "Physical Education, Health" Global folder. Follow this path to access the folder:

EIT

Content Areas

Physical Education, Health

Curriculum Revision Project



Thom McKinzie, PhD, a San Diego State professor of exercise and nutritional sciences, did research that found that students are active for **37%** of a physical education class.

Aim Higher